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Ski jumpers' ban is IOC rule: VANOC

Lawyers set to wrap up case

KRISTEN THOMPSON
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VANCOUVER 2010 Games

A lawsuit filed against VANOC by women ski jumpers who want to be included in the 2010 Games has put the organizing committee between a rock and a hard place, a lawyer for the organization says.

George MacIntosh, who presented his defence in B.C. Supreme Court yesterday, said VANOC shouldn't be held responsible for the International Olympic Committee's decision to keep women's ski jumping out of the Games.

"The plaintiffs have an understandable desire to get into the 2010 Olympics (but) the IOC … has decided it's premature for women's ski jumping in 2010," MacIntosh said.

He said the plaintiffs have sued VANOC because they want to use the Charter of Rights in their defence, and they can't use it against the IOC as it isn't bound by Canadian laws.

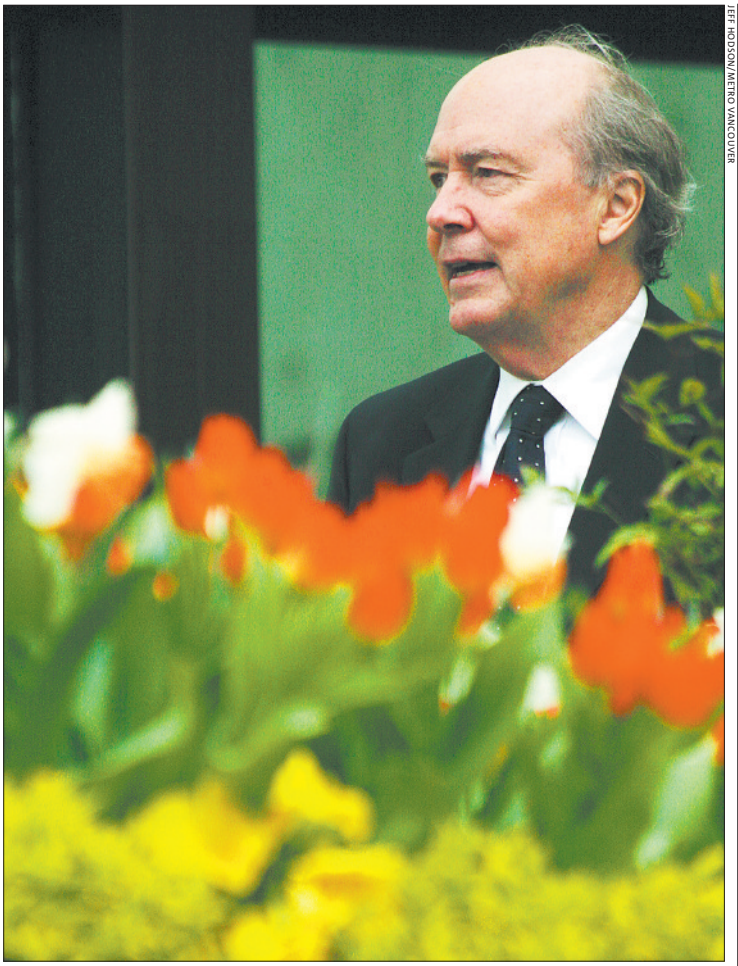
"I don't think that the Canadian law does apply to the selection of sports for the Olympics, whether they're held in Canada or somewhere else," he said.

Renée Smith-Valade, vice-president of communications for VANOC, said she understands the jumpers' disappointment.

"If anyone understands Olympic dreams, we do at VANOC," Smith-Valade said.

"Unfortunately … there's a process in place that involves international experts who determine whether or not the sport has met Olympic standards, and that decision is not one that rests with VANOC."

If VANOC loses the case the IOC has said it will not hold another Olympics in Canada. Lawyers for VANOC will finish their arguments today, and the judge could take up to three months to reach a decision.


JEFF HODSON/METRO VANCOUVER

VANOC lawyer George MacIntosh outside the Law Courts in Vancouver yesterday morning. Women ski jumpers are suing Vancouver's Olympic organizing committee because the sport is currently not being included in the 2010 Games.

RCMP seek Burnaby Mountain maple tree poachers

CONSERVATION Someone is poaching old growth maple trees on Burnaby Mountain, Mounties warned yesterday.

About a year ago, Burnaby park workers, who were conducting routine trail maintenance on Burnaby Mountain, noticed that a number of bigleaf maples had been slashed, said Cpl. Jane Baptista in a release yesterday. One tree had been chopped down and a slab of wood had been "poached" from its bole.

Parks staff has since discovered five more downed trees and many more that have been slashed to expose the grain of the wood.

"When the trees are slashed, this provides an entry point where disease can enter the tree," Baptista said. "When they are chopped down, these beautiful, tall trees take out other trees and vegetation that get in their way."

Burnaby Mountain is a conservation area and damaging trees is punishable by a $2,000 fine. Baptista said the poachers would need special equipment and expertise and asked that any chainsaw or chopping noises be reported to the Burnaby RCMP. METRO VANCOUVER

ShareYourViews
vancouverletters@metronews.ca

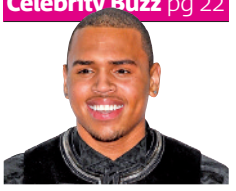
Metro lauded as newspaper of the year

AWARD Metro International SA has just been named Newspaper of the Year at the Festival of Media Awards, in Valencia, Spain.

The awards celebrate innovation and creativity and are widely recognized as the largest celebration of media in the industry. Metro International won this prestigious title over internationally acclaimed publications including the Financial Times, the Wall Street Journal and The New York Times.

The award, which is a new category this year, celebrates newspapers' heritage and honours the balance of "publishers and editors working in harmony."

Celebrity Buzz pg 22



Tyson's views on Brown

Food pg 16

Gems grown under glass

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Piccadilly Mall (Salmon Arm)
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Submissions open
Authors and publishers are being invited to submit entries for the annual City of Vancouver Book Award. The shortlist of finalists will be announced in early September and the $2,000 award will be presented in October. For more information visit vancouver.ca/bookaward. METRO VANCOUVER

Local

GST may come off bikes

The GST might soon be removed from bicycles and cycling-related goods if a bill tabled yesterday in the House of Commons is approved. Joyce Murray, Liberal MP for Vancouver Quadra, said the idea is to give people more incentive to choose greener and healthier transportation and recreation options. METRO VANCOUVER

Parks and Recreation
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ROGERS

News in brief

LAWSUIT Former Port Coquitlam mayor Scott Young is being sued by his ex-girlfriend, cknw.com reports. Colleen Preston is suing over allegations of sexual assault, battery, intimidation and invasion of privacy. Preston is also suing the City of Port Coquitlam.
METRO NEWS SERVICES

metronews.ca
What's online today.

Video Jim Flaherty sees positive economic signs, but warns unemployment will remain high at **metronews.ca/canada**

Blog Hollywood Rants blasts Billy Bob Thornton's unapologetic appearance on Jimmy Kimmel

Lotteries

Lotto 6/49	10, 12, 21, 38, 41 & 42 Bonus 28
BC 49	5, 12, 21, 31, 38 & 39 Bonus 18
Extra	9, 40, 71, 93

These results are not official.

The premier's lesson in marine biology

MINÉ SALKIN
for Metro Vancouver

ENVIRONMENT B.C. Premier Gordon Campbell went on a boat ride and learned a lesson in marine biology on Earth Day yesterday.

The tour took Campbell to the new Vancouver Convention Centre to view its $8.3-million marine habitat skirt, which houses a sample of marine life in the intertidal zone.

John Nightingale, president of the Vancouver Aquarium, presented the premier with live starfish, sea cucumbers and crabs collected from Coal Harbour.

Weekend
- The Vancouver Aquarium will host Earth Weekend on Saturday and Sunday.

"The Dungeness crab was the coolest," Campbell said. "I've never seen one before, and there it is in the middle of our ocean."

The Liberals have pledged environmental initiatives to create economic opportunities. They aim to reduce greenhouse gas emissions by 33 per cent by 2020, making it the most aggressive climate action plans in North America.

"We have to be thinking about our impacts on the environment every day of the year," he said.

MINÉ SALKIN/FOR METRO VANCOUVER

Premier Gordon Campbell holds a baby red rock crab during a boat tour through Coal Harbour yesterday.

Cops renew call for info about murder

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Police officers yesterday returned to the neighbourhood where Wendy Ladner-Beaudry was found murdered to hand out flyers with the victim's photo and information regarding the incident.

RCMP Cpl. Dale Carr said police will also be back today in an effort to jog people's memories and see if there are any witnesses who might not have come forward yet.

"Very often, investigators find that someone out there decided not to call police because they felt what they knew would be of no assistance," Carr said.

"If you feel you have any level of information, please call us and allow us to determine its value to the investigation."

"If you feel you have any level of information, please call us and allow us to determine its value."
RCMP Cpl. Dale Carr

Carr said investigators have received a "tremendous" number of tips from the public, but more information is needed to help piece together a timeline of events leading up to Ladner-Beaudry's death.

The 53-year-old mother of two and sister of former city councillor Peter Ladner was murdered while jogging through Pacific Spirit Park on April 3.

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Russian seeking marrow donor

Joe Chernoff is looking to the Vancouver Russian community for someone who could save his life.

Chernoff was diagnosed with acute myeloid leukemia a year and a half ago. His disease went into remission in February of last year, but Joe relapsed this month.

A wide search of the bone marrow registry has not revealed a suitable match.

Due to his Russian heritage, his best chance of finding a donor would come from the Russian community.

The 56-year-old lumber salesman lives in New Westminster with his wife, Cathie, and their three teenaged children.

Cathie has been helping in her husband's survival by circulating mass emails asking people to consider registering as a donor through the Canadian Blood Services One Match network.

While they haven't had any luck so far, Cathie said the message is getting publicity.

"It started with an email to friends and family and snowballed from there, demonstrating both the power of the Internet and the genuine compassion of the community," she said.

MINÉ SALKIN/ FOR METRO VANCOUVER

No inquest two years on: Group

SHOOTING It has been almost two years since Vancouver police shot and killed a man on Granville Street and no decisions have been made surrounding criminal charges or a possible coroner's inquest, the B.C. Civil Liberties Association said yesterday.

Paul Boyd, a 39-year-old Vancouver animator, was shot and killed by police in August 2007 after he struck a police officer with a bike chain.

David Eby, executive director of the BCCLA, said it has been more than 600 days since the incident and the case remains in limbo.

"When you compare it to the length of time with other in-custody deaths — Bush, Dziekanski, Frank Paul — the length of time that these files are taking is continuing to increase," Eby said.

METRO VANCOUVER

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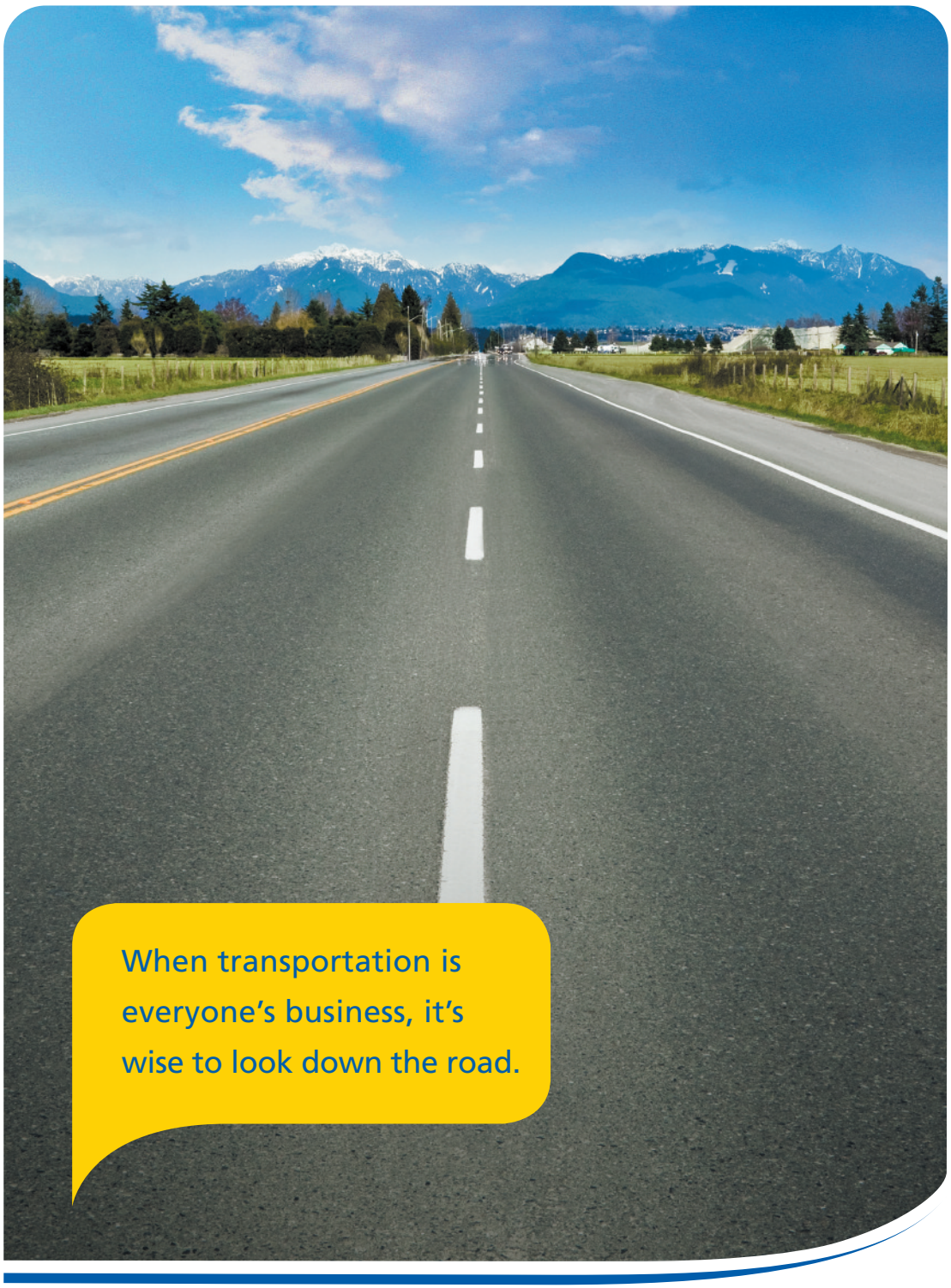

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TransLink has created a long-range strategy to keep this region moving in the right direction. Now is the time to learn about Transport 2040 and help shape the next 10 years of our transportation future. Join the conversation at **www.bepartoftheplan.ca**

TRANSLINK

Greene joins New Moon cast
Veteran Canadian actor Graham Greene has joined the cast of New Moon, the sequel to the Hollywood hit Twilight, which is currently filming in Vancouver. Greene will play Harry Clearwater, a Quileute tribal leader. **CBC NEWS ONLINE**

KELSEA BLOXAM/METRO VANCOUVER

Devika Chopra, left, and Marie Jankowskii use a bicycle-powered generator to run a mic at an Earth Day rally outside the Vancouver Art Gallery yesterday.

Green party pushes for electoral reform

KELSEA BLOXAM
for Metro Vancouver

"If we could ensure that every vote counted, then more Canadians would vote."
Elizabeth May, Green party leader

POLITICS Members of the Green party rallied outside the Vancouver Art Gallery on Earth Day yesterday in support of reforming the electoral process by bringing in a Single Transferable Voting (BC-STV) system.

Children danced as a few hundred energetic onlookers rallied around a live band as speakers addressed the crowd using a bicycle-powered microphone.

"If we could ensure that every vote counted, then more Canadians would vote," said Elizabeth May, leader of the Green Party of Canada.

May said BC-STV would create opportunities for a more diverse legislature, which May hopes will include members of the Green party.

With 58 per cent of people voting in favour of BC-STV in 2005, members of the Green party hope this year's referendum will receive the 60 per cent needed to adopt the system.

B.C. greenest province in Canada, report says

ENVIRONMENT B.C. is Canada's greenest province, according to an environmental report card released yesterday.

Corporate Knights, a Canadian media company that promotes sustainability, gave the province a C-plus, slightly ahead of Ontario, which also received a C-plus.

Provinces were graded in 10 categories, including water use and car dependency. B.C. scored the highest in green jobs, green buildings, organic food and energy efficiency.

METRO VANCOUVER

Source of inaccurate info on Tasering unknown: Mountie

INQUIRY RCMP Cpl. Dale Carr told the Braidwood Inquiry yesterday he doesn't know how inaccurate information about the Tasering of Robert Dziekanski was passed on to the media in the hours after the Polish immigrant's death.

On Tuesday, Sgt. Pierre Lemaitre told the inquiry that the information he provided to the media, specifically that Dziekanski was Tasered twice, came from Carr.

A video recording of the incident showed that Dziekanski was Tasered four times. Carr said he couldn't remember what he told Lemaitre with regards to the number of times the Taser was used.

Neither of the men were at the Vancouver airport at the time of Dziekanski's death. **METRO VANCOUVER**

Spend tax money on transit: Mayors

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Metro Vancouver's mayors voted unanimously yesterday to ask that the provincial government use funds from the carbon and gas taxes for regional transportation.

The 21-member Mayor's Council On Regional Transportation, which is headed by Surrey Mayor Dianne Watts, also announced it won't support further increases in property taxes, which are used to fund municipal services.

"We need to come up with sustainable and predictable revenue sources in order to ensure that we have a fully funded and stable TransLink," said Watts at a meeting in Burnaby.

"Municipalities ... simply don't have the financial resources to fund the transportation expansion our region needs."
Gregor Robertson

"We want the provincial government to dedicate the funds it receives from the carbon tax to ... public transit."

Vancouver Mayor Gregor Robertson said the region's transportation infrastructure is in "urgent" need of investment from the provincial and federal governments.

"Municipalities ... simply don't have the financial resources to fund the transportation expansion our region needs," he said.

TransLink needs to boost its revenue by roughly $450 million to meet growing infrastructure demands.

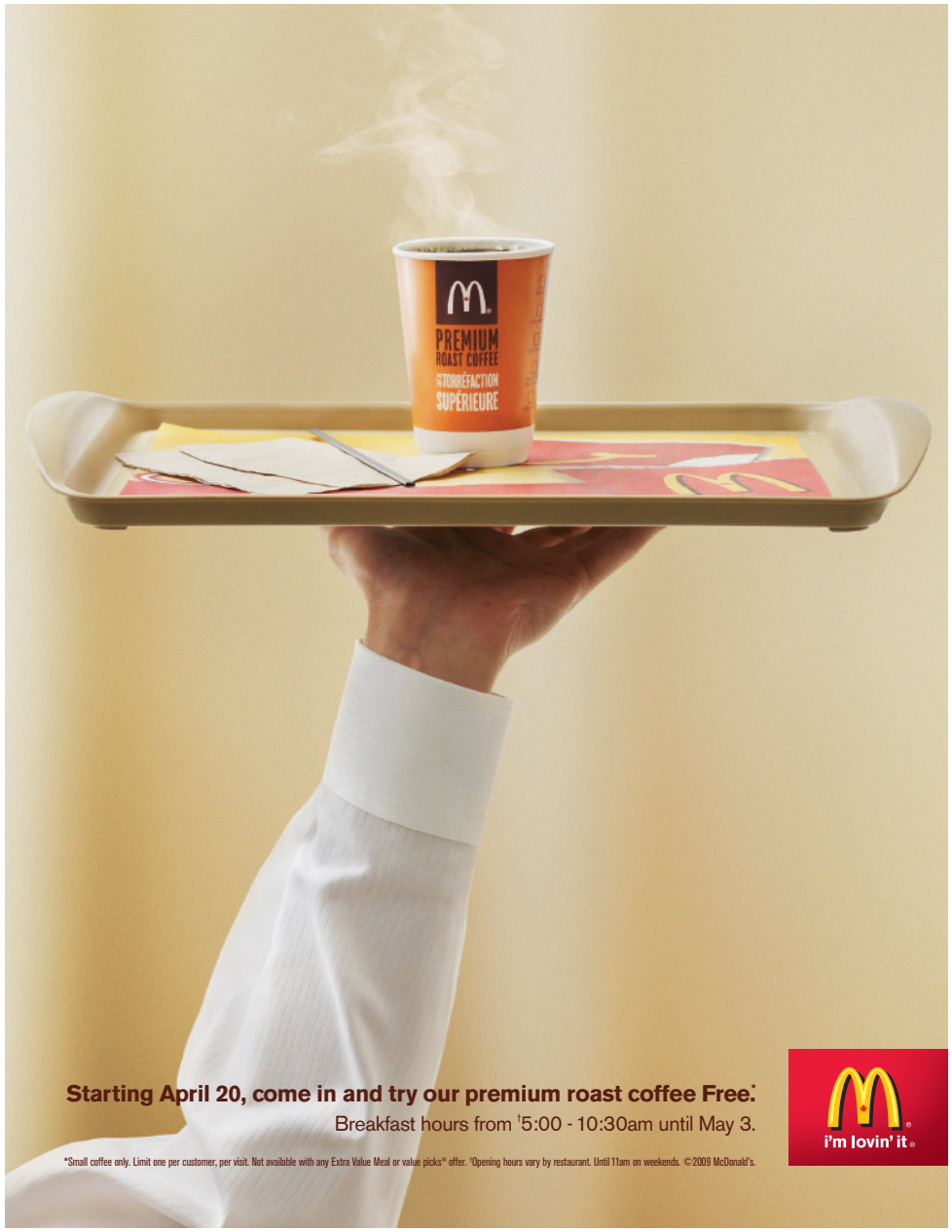
News in brief

ELECTION Green Party Leader Jane Sterk has confirmed that the party will field 75 candidates in the May 12 provincial election. Nine new candidates were announced in ridings throughout B.C. yesterday.

TRANSIT SkyTrain commuters were stranded yesterday when a man wandered onto the Sky-Bridge, forcing the system to shut down, news1130.com reports. The disruption between Surrey and New Westminster was made longer when several passengers got out of the train while it was stuck on the Sky-Bridge.

POWER Residents in Southwest Vancouver were without electricity yesterday after high winds knocked out power. Environment Canada issued a wind warning as gusts of 50 to 70 km/h hit the Lower Mainland.

METRO NEWS SERVICES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Turkey recalls ambassador

Turkey has recalled its ambassador to Canada for consultation, said a Foreign Ministry source yesterday, after Prime Minister Stephen Harper spoke at a vigil to commemorate the 1915 killing of Armenians. REUTERS

Canada

Schreiber claim denied

Karlheinz Schreiber's assertion that Brian Mulroney wanted to keep secret his controversial $300,000 cash payment for lobbying was blown out of the water yesterday by one of Schreiber's own lawyers. Schreiber's Edmonton lawyer Robert Hladun told a public inquiry probing Mulroney's business relationship with Schreiber, pictured at left, that Mulroney did no such thing. TORSTAR NEWS SERVICE

Morning illness, intelligence linked

STUDY A new study out of Toronto's Hospital for Sick Children found babies whose mothers experienced morning sickness later tested a few IQ points higher than children of mothers who had nausea-free pregnancies. "In a very popular way it kind of says that this suffering is for a good cause," said Dr. Gideon Koren, a top Sick Kids pediatrician and senior study author. TORSTAR NEWS SERVICE

News in brief

G7 MEETING The Group of Seven leading industrialized nations will signal at a meeting in Washington this weekend that there are glimmers of economic hope but that the global economy is not out of the woods yet, a senior Canadian finance official said yesterday.. REUTERS

Polls Tories losing ground

BLAIR GABLE/REUTERS

Prime Minister Stephen Harper speaks yesterday during question period in the House of Commons on Parliament Hill. A new poll puts the Liberals at 32 per cent, the Conservatives at 29 per cent, the New Democrats at 16 per cent, the Greens at 11 per cent and the separatist Bloc Quebecois at nine per cent.

Canadian hostages freed

Diplomats, European tourists released by al Qaida

Two Canadian diplomats and two European tourists held hostage by al Qaida's north African wing in the Sahara desert have been released, a spokesman for Mali's president said yesterday.

Canadian Robert Fowler, a United Nations envoy to Niger, disappeared with his aide last December, while four tourists — two Swiss, a German and a Briton — were kidnapped on the Mali-Niger border in January.

"We confirm the release of four hostages," Seydou Cissouma, a spokesman for Mali's president, told Reuters. He said they were the Canadians and two female tourists.

The freed tourists are from Switzerland and Germany.

Statement

- Al Qaida's north African wing had said it was holding the four tourists, who were taken from Mali into the neighbouring Saharan state of Niger, as well as the two Canadians.

Earlier this month, a Malian security source said a team of mediators was negotiating the release of the European tourists.

Sources at the United Nations confirmed Fowler and his assistant, Louis Guay, were free.

In Ottawa, a relative of Fowler's, Member of Parliament Dominic LeBlanc, said his understanding was that Fowler was being taken by Malian authorities to the capital of Bamako, and his family hoped to meet him in Europe in a few days.

"Our information is Mr. Fowler is in the custody of the authorities of the government of Mali," LeBlanc said.

"They would ensure his safety in order for him to get to Bamako, at which point Canadian officials will obviously provide the care ... and hopefully expedite him quickly to visit his family."

Analysts say the Sahara desert in West Africa has become increasingly insecure and the lines between ideology and criminality in the region are blurred. REUTERS

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Fossil discovery
The fossil remains of a flipper-free mammal related to modern seals have been discovered in Nunavut. **CBC NEWS ONLINE**

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Arvind Gupta, professor of computation genomics at Simon Fraser University, was in Toronto yesterday to speak about how society's financial illiteracy has played a role in the current economic crisis and why more math should be taught in school.

Canadians fail kids in math, expert says

For math academic and proselytizer Arvind Gupta, the financial meltdown is only the thin edge of the wedge.

"That's a game," Gupta said of the stock market yesterday, while sitting a short walk from Toronto's Bay Street. "The financial system is there to sell you instruments that make them money. And people don't understand what they're buying."

For Gupta, the dearth of everyday math skills in this country is a deeper problem.

"If we had more mathematical sophistication, we could reason better about the world around us, whether it's understanding which cellphone plan to pick or how to build better cars."

Gupta teaches computational genomics at B.C.'s Simon Fraser University. He's known in wider circles as scientific director of MITACS — Mathematics of Information Technology and Complex Systems — a 10-year-old not-for-profit creation with offices across Canada that attempts to match math-based academic research to the needs of industry and government.

"If we had more mathematical sophistication, we could reason better about the world around us, whether it's understanding which cellphone plan to pick or how to build better cars."
Arvind Gupta, Simon Fraser University

Gupta did his post-doctoral work at the University of Waterloo, the alma mater of David X. Li, the statistician since decamped to China who provided Wall Street with the mathematical risk-assessment noose it used to hang itself.

"The truth is, I meet a lot of mathematicians who don't understand their own finances," said Gupta. "Very few of us understand what happened in this economic crisis."

That's a measure of how complex the world has become. And as the numbers grow more abstract, Gupta warns, our ability to process them is receding. He quotes studies showing that kids start out loving math — 85 per cent of them say so in Grade 3. By Grade 8, that number has nosedived to 25 per cent.

Gupta believes the weak math skills of adult Canadians beget the same lack in later generations.

TORSTAR NEWS SERVICE

Pilot, crew of hijacked plane ask for privacy

CANJET The pilot of the CanJet flight hijacked in Jamaica earlier this week called it "one of the worst nightmares of every passenger, pilot or flight attendant."

Capt. James Murphy of Halifax released a statement yesterday through CanJet and said the plane's staff is touched by the support and praise they've received this week, but is asking for privacy as they work through the ordeal.

"As professionals, we are trained to deal with what happened, but living through it is something else," he wrote.

METRO CANADA

Meat inquiry missing key player

LISTERIOSIS The head of an investigation into a deadly nationwide outbreak of listeriosis linked to ready-to-eat meats said she has not questioned the federal agriculture minister at the centre of the crisis.

"I met him as part of my orientation when I was first appointed," Sheila Weatherill told reporters yesterday after testifying before the parliamentary agriculture committee conducting its own probe into the crisis.

"No. No, I have not interviewed him," Weatherill clarified.

Weatherill would not say whether she had any plans to question Agriculture Minister Gerry Ritz, who is responsible for the Canadian Food Inspection Agency. Weatherill will submit her final report to Ritz on July 20.

Prime Minister Stephen Harper stopped short of ordering a full inquiry into at least 21 deaths from a strain of listeria in deli meats produced at a Maple Leaf Foods plant in Toronto when he appointed Weatherill as an independent investigator in January.

TORSTAR NEWS SERVICE

Too secretive?

- Opposition MPs yesterday questioned whether Weatherill's mandate is too secretive and narrow because she is conducting her probe behind closed doors and has no authority to subpoena witnesses.

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French politician turns to Facebook to announce pregnancy
The French minister responsible for the country's digital economy, Nathalie Kosciusko-Morizet, announced yesterday that she was pregnant using the social-networking site Facebook. REUTERS

World

Third paternity claim for Lugo

A third woman in two weeks has claimed that Paraguay's bishop-turned-president Fernando Lugo fathered her child, intensifying a political scandal that has made him the butt of lewd jokes and even a pop song. Damiana Moran, a 39-year-old teacher, told local media that Lugo was the father of her one-year-old son and she was negotiating child support with the president's lawyer. REUTERS

U.S. threatens Iran sanctions

U.S. Secretary of State Hillary Clinton yesterday threatened sanctions against Iran if it did not end its nuclear program after Tehran offered talks with major powers.

Clinton told U.S. lawmakers she was under no illusions about the difficulty of engaging Iran.

"We are also laying the groundwork for the kind of very tough … crippling sanctions that might be necessary in the event that our offers are either rejected or the process is inconclusive or unsuccessful," Clinton told the House foreign affairs committee.

Clinton's tough talk came as Iran, in a statement, said it believed discussions could resolve disputes between the Islamic republic and the West, but it said Tehran would press ahead with its work to develop atomic energy.

The statement was a response to an invite this month by six world powers to discuss the issue. Last week, President Mahmoud Ahmadinejad said Iran had prepared proposals to end the dispute. REUTERS

Global climate deal riding on U.S. laws: Adviser

WASHINGTON U.S. President Barack Obama's top climate negotiator warned yesterday that international efforts to tackle global warming are doomed unless the U.S. enacts laws to limit emissions.

"There will be no new global deal if the United States is not part of it, and we won't be part of it unless we are on track in enacting our own domestic plan," Todd Stern told the Senate Foreign Relations Committee.

Countries from around the world are scheduled to meet in Copenhagen in December to try to embrace a new plan for attacking climate change problems. REUTERS

LARRY DOWNING/REUTERS

U.S. President Barack Obama poses with workers at Trinity Structural Towers Manufacturing Plant, a wind-energy production facility, during an Earth Day visit in Newton, Iowa, yesterday.

Big progress in east Afghanistan: U.S. commander

KABUL U.S. and NATO forces are close to achieving "irreversible momentum" in battles with insurgents in eastern Afghanistan, a senior commander said yesterday.

The Taliban and other insurgent groups have been strongest in eastern and southern Afghanistan, but U.S. army Maj.-Gen. Michael Tucker said security had improved this year in the east, where U.S. forces lead NATO troops.

He said about 80 per cent of insurgent activity now takes place in southern Afghanistan. REUTERS

INFORMATION FEATURE

You have choices when it hurts

When pain becomes too much, some kids will harm themselves, says counsellor Sharon Girgis.

SELF-HARM When pain gets too hard to take, some kids deal with the problem the only way they know how — by harming themselves.

It's a problem that Sharon Girgis, a counsellor with Kids Help Phone, has seen all too often because kids often haven't learned good ways to cope with stress and pain.

"If kids have gone through some sort of personal trauma or stressful situation or emotional pain, in general self-harm is what they'll do to divert their attention from the emotional to the physical," she said.

While adults can often find methods just as destructive to deal with their problems, kids are at a disadvantage because they may not understand there are better options.

"People will always have a variety of harmful coping mechanisms open to them, and many kids are at an age where they are still developing their helpful coping mechanisms," Girgis said.

In her eight years as a counsellor, Girgis has seen a wide variety of self-harm cases ranging from minor to life-threatening, but said the one thing that always holds true across all cases is that despite the perception of relief it gives, self-harm never solves the underlying problems that cause it.

"If you ask people what they get from self-harming, they say they go numb while they're doing it. But once the cutting stops, the problem is still there full-force. It doesn't really fix anything," Girgis said.

While Girgis said eating disorders were more common in the 1980s, self-harm has quickly become the negative coping tool of choice for kids in recent years.

"Definitely in the last 10 to 15 years there's been an increase in self-harm, and experts don't entirely know why. A big part of it is exposure and word-of-mouth. Kids hear about it and want to try it out," Girgis said.

Girgis said kids who harm themselves can get caught up in a vicious cycle of guilt, hiding their wounds, lying about their behaviour while not addressing the root problem and, in many cases, exacerbating it. Many kids are too afraid to talk to their parents or loved ones about their self-harm problem and Girgis hopes those kids will take advantage of the experience, confidentiality and care that Kids Help Phone counsellors are ready to provide.

"There's always help out there if you choose it, and no matter how bad you feel about your behaviour there's always someone out there who understands and wants to help," Girgis said.

Contact

- Kids Help Phone can be reached at 1-800-668-6868.

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Comment & Views

Comment

The man and his music

Tunes go a long way in determining couple compatibility

Relating

Andrea Woo

metronews.ca/woo

"Men profess to be lovers of music, but for the most part they give no evidence in their opinions and lives that they have heard it." — Henry David Thoreau.

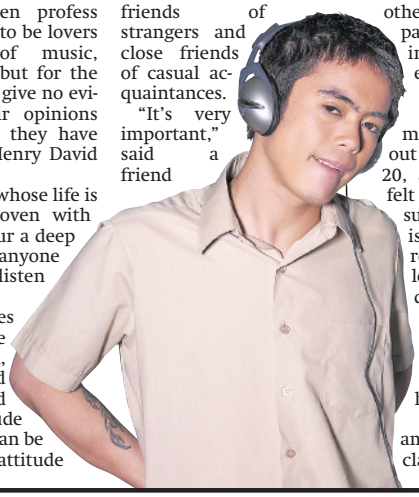
As someone whose life is inextricably woven with music, I harbour a deep suspicion for anyone who doesn't listen to much of it.

This carries over into the dating arena, where it could be well-argued a man's attitude toward music can be telling of his attitude toward romantic relationships.

Music, after all, is a marker of cultural identity. It can permeate every facet of life — work, friends, hobbies, appearance — and shape the people they become.

It can make fast friends of strangers and close friends of casual acquaintances.

"It's very important," said a friend and fellow audiophile of sharing similar musical tastes with a significant other. "It implies compatibility and common interests — possibly even social views."



One girlfriend tells me she dated a man until she found out he likes Matchbox 20, at which point she felt "meh." Another who suspects her boyfriend is gay was all furrowed brows upon learning he loves Lady Gaga.

Individual artists aside, a person's passion for music can speak volumes about his or her character.

A man who has amassed shelves of classic vinyl records, for example, has invested time, money and effort into something he is passionate about. A Top 40 fan, not so much.

Hipster doofuses who make grand efforts to find the most obscure music possible — "It's these two Icelandic dudes with oboes and rainsticks!" — are probably as pretentious in other areas of life.

It can also be deduced a hip-hop head won't likely be procreating with the fragile emo kid any time soon. Same goes for the classical jazz fan and the raver who tweaked through the '90s to ATB and Vengaboys.

That said, there is the occasional pairing of those who many would never expect to work, but do. They are the left-field collaborations, the seamless blends — the perfect mash-ups.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

MICHAEL DE ADDER

Worth mentioning

Eskimo candy complaint gets frosty Kiwi reception

By her own calculation, Canadian tourist Seeka Lee Veevee Parsons is the most disliked person in New Zealand right now just because of what she insists she is not: An Eskimo.

The Inuit woman is garnering headlines — and animosity — for suggesting a favourite New Zealand candy, the Eskimo Lolly, is racist and improper.

Veevee Parsons said yesterday that she has been shocked at the hostility she has created in the country she loved from the time she arrived two months ago by simply raising the issue of the candy she saw recently in a New Zealand store.

"Calling someone an Eskimo is no longer responsible," said the 21-year-old who is from Nunavut, but has been on an extended work holiday in New Zealand.

"When I was a kid, they used to call me a dirty Eskimo girl and it's a term that shouldn't be used anymore especially on a candy. Is it right that people go around eating shapes of people of another culture?"

The Eskimo Lolly, described as "cherished" and a "treasure" to New Zealanders, is a multi-coloured marshmallow candy in the shape of a person wearing a thick hooded jacket in front of an igloo.

Veevee Parsons, who is working at an organic farm near the city of Rotorua, said she made the comments to a TV station after being interviewed at a tourist information booth she was visiting.

Ever since the story about her complaint went on one TV station earlier this week, Veevee Parsons has been interviewed nearly a dozen times and viewers and readers have been responding by the thousands to her concerns. Most of the response has been personal attacks against Veevee Parsons including some telling her to go home and others insisting she shut up.

Daniel Ellis, spokesman for Cadbury/Pascall, the marker of the candy in New Zealand, said in an interview he's been surprised by the strong public opinions provoked by Veevee Parsons' comments.

TORSTAR NEWS SERVICE

Views

Naiveté and international hypocrisy

Mona Eltahawy

Global View

If pirates were holding Nathalie Morin and her three children hostage would the Canadian government rescue her?

Morin, 24, is the Canadian woman who claims her Saudi husband Samir Said Ramthi Al-Bishi — whom she met in Canada — is holding her against her will in the kingdom, infamous for its appalling women's rights record. Morin's mother has threatened to sue the Canadian government for negligence if it doesn't do more to help her daughter.

Morin moved to Saudi Arabia in 2005, taking the Canadian-born child she had with Bishi with her. The couple has since had two more children, one of whom — according to Morin's mother — was conceived after rape.

"Morin's mother has threatened to sue the Canadian government for negligence if it doesn't do more to help her daughter."

Morin, who complained to her mother Bishi beats her and will not let her leave their apartment alone, visited Canada in 2006, but returned to Saudi Arabia saying she couldn't be without her children. Since then, Bishi has apparently refused to give her permission to travel, a requirement in the ultra-conservative kingdom.

Alleged marital rape? No leaving the house or travel without your husband's permission? Sound familiar?

Surely questions that should trouble Canada where horrified headlines recently chastised Afghan President Hamid Karzai for signing a law that allowed marital rape and barred women from leaving home without a husband's permission.

Where are the horrified headlines over women's rights in Saudi Arabia? Morin admitted it was a mistake to move to Saudi Arabia, so those who want her to lie in the bed she made of her own naiveté can move on.

But it is precisely those shouting "she should've known better" who should answer my pirate question. Did they blame U.S. Capt. Richard Philips and his crew for sailing along a stretch of water where Somali pirates had taken dozens of hostages?

I don't believe invasions can liberate women. Laws that guarantee equality and protect women's rights are more important than guns and tanks. But as a Muslim woman who has lived in Saudi Arabia and experienced that country's gender apartheid firsthand, I also know that when it comes to women's rights and international outcries some countries, to borrow from George Orwell, are more equal than others.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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100M oil barrels stored at sea: Frontline
Oil companies are storing close to 100 million barrels of crude oil at sea, the highest in recent times, according to Frontline, one of the world's biggest independent oil tanker owners. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Defaults may rise: Report

Canadian mortgage holders are facing significant challenges with a risk of increased mortgage defaults in the months ahead due to an uncertain jobs market, says a report.

Eight per cent of Canadian mortgage holders (representing 425,000 homeowners) indicated that being able to make a mortgage payment is currently an issue or concern, says a survey by the Canadian Association of Accredited Mortgage Professionals released yesterday.

Meanwhile, another 18 per cent of respondents, "a surprisingly large share," reported that either themselves or a primary earner in the household had lost a job in the past six months.

"The greatest risk facing the Canadian mortgage market is job loss," said Will Dunning, the chief economist for the association and author of the report. In a six-month period, from late 2008 to the time the survey was conducted in March 2009, job losses totalled 357,000 or 2.1 per cent of total Canadian employment, says the report.

About two per cent of Canadians report negative equity in their homes, where the value of the mortgage is greater than the value of the home.

Another eight per cent report having less than 10 per cent equity, says the report.

If house prices were to fall further, there would be an increase in the number of home owners with negative equity. And if mortgage holders with negative equity were to lose jobs, "there would be a more substantial rise in the extent of mortgage affordability problems and possibly defaults," Dunning warned.

TORSTAR NEWS SERVICE

Falling behind

- Mortgages in arrears at the end of January were at 0.36 per cent, representing 14,024 mortgages, up from 0.27 per cent, or 10,100 mortgages, at the same time last year, says the Canadian Bankers Association.

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Flaherty sees recovery signs

FORECAST Federal Finance Minister Jim Flaherty sounded an upbeat note on the North American and global economies yesterday, saying he detected small signs of encouragement amid all the uncertainty.

Flaherty also said Canadian bond and capital markets were improving and that the United States would make significant progress in stabilizing its banking system in May.

"We see some stability in the economic performance, some resilience in China, GDP anticipated growth in India of six per cent … so we are seeing some strength in some of the large emerging economies, but there is a significant degree of uncertainty that we face," he told reporters.

Flaherty maintained his assumption of a nominal GDP decline in Canada of 2.7 per cent this year, made in the January budget, saying that fiscal stimulus was now entering the economy. REUTERS

Business in brief

PROFIT McDonald's Corp. posted a higher profit yesterday and said April sales at established restaurants are doing as well as or better than their 4.3 per cent uptick in the first quarter despite the ongoing recession.

ENERGY EnCana Corp. is pumping another $290 million US into a big Louisiana natural-gas play despite depressed prices, Canada's biggest energy company said yesterday as it reported higher-than-expected profit. REUTERS

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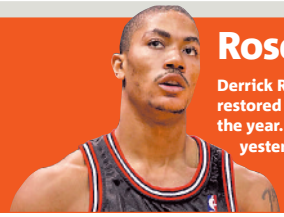
PEOPLE POWERED

Fridge remains in serious condition

Former Chicago Bear William (The Refrigerator) Perry remains in hospital in serious condition in South Carolina. The 46-year-old has been in hospital to deal with complications from Guillain-Barre Syndrome, a chronic inflammation disorder of the peripheral nerves. METRO NEWS SERVICES

Sports



Rose NBA's top rookie

Derrick Rose, who led his hometown Bulls to the playoffs and restored hope to a franchise in disarray, is the NBA's rookie of the year. Rose became the third Bulls player to win the award yesterday, joining Michael Jordan and Elton Brand.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Burrows gives heart and soul to Canucks

ToulBox

metronews.ca/toulbox

If you didn't think the Alex Burrows story could get any better, Tuesday night was the most recent chapter in what is truly a captivating emergence.

Burrows' overtime winner was the latest big goal in what has been a season of them, but the tally itself is just the icing on the cake.

The real hook is that Burrows stood up in front of his teammates in the dressing room before the start of overtime and reminded them of their former teammate Luc Bourdon, who died nearly a year ago in a motorcycle accident.

Burrows then told his mates that "this are where legends are born" and proceeded to score the game-winner, after which he saluted New Brunswick's Bourdon with the late player's signature bow-and-arrow goal celebration.

A different personality may have turned people off with such bravado, but Burrows' embodies the heart and soul that fans want to believe exists in every athlete.

He is one of the rare athletes that is admired for his character more so than his production.

Scott Rintoul can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m. scott.rintoul@team1040.ca.

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Flames pull even

STANLEY CUP
2009 Playoffs

Jarome Iginla tallied twice and Eric Nystrom notched the game-winner late in the third period as Calgary wasted a three-goal lead but recovered to post a 6-4 victory over Chicago in Game 4 of their Western Conference quarter-final from Pengrowth Saddledome, evening the series at two games apiece.

Nystrom added two helpers and Olli Jokinen posted his first two career post-season goals with an assist for the Flames, who took a pair of games at home after dropping two straight on the road to begin the round.

Miikka Kiprusoff got the win despite allowing four goals on 32 shots.

Kris Versteeg posted a goal and two assists for the Blackhawks, who have not been tied by an opponent after winning the first two games of any playoff series since the 1971 Stanley Cup Finals — a seven-game loss to the Montreal Canadiens.

Samuel Pahlsson and Cam Barker added a goal and one helper each, but Nikolai Khabibulin surrendered five goals on only 26 shots in the loss.

The series shifts back to Chicago and United Center for Game 5 on Saturday.

Bruins 4 Canadiens 1

Michael Ryder registered two goals and an assist as the Boston Bruins came away with a convincing 4-1 victory over the Montreal Canadiens at Bell Centre, sweeping their Eastern Conference quarterfinal series.

David Krejci posted a goal and a helper for the top-seeded Bruins, who won their first playoff series since an opening-round triumph against Carolina in 1999.

Phil Kessel also lit the lamp and Tim Thomas earned the win with a 26-save performance.

Andrei Kostitsyn provided the lone tally for the eighth-seeded Canadiens, who have lost their last eight games dating back to the end of the regular season.

Carey Price was beaten four times on 30 shots in defeat. The 2008-09 campaign was expected to be a memorable one for Montreal, which was celebrating its centennial season, but a promising start filled with visions of a serious run at hockey's holy grail in hopes of a 25th title was followed by a second-half swoon and, ultimately, a bitter first-round exodus.

TODD KOROL/REUTERS

Chicago's Brian Campbell and Calgary's David Moss collide last night during Game 4 of their playoff series. The Flames won 6-4.

N.Y. Rangers 2 Capitals 1

Henrik Lundqvist made 38 saves to lead the New York Rangers over the Washington Capitals 2-1 in Game 4 of their series at Madison Square Garden.

Paul Mara and Chris Drury tallied for the Rangers, who lead this set 3-1 and get their first chance to end this best-of-seven matchup in Washington on Friday.

Alex Ovechkin had the lone goal for the Capitals.

METRO NEWS SERVICES

NBA
2009 Playoffs

Magic even series with Philadelphia

NBA Courtney Lee was the catalyst for Orlando, as the rookie recorded a team-high 24 points to help the Magic even their Eastern Conference quarterfinal series against the Philadelphia 76ers with a 96-87 Game 2 victory.

"(Lee) was tremendous today," Magic head coach Stan Van Gundy said. "He just seems to be playing more free and looser than the other guys. Some of our other guys looked like they've got the weight of the world on them and he's just playing."

The sharp-shooting duo of Hedo Turkoglu and Rashard Lewis struggled from the field, shooting a combined 7-for-24. But the pair managed to get to the free throw line with regularity and ended with 16 points apiece for the Southeast Division champs, who rebounded from a last-second 100-98 loss in Sunday's series opener.

Orlando outscored the Sixers at the foul line, 22-12. Andre Miller paced the Sixers with 30 points and seven rebounds, while Thaddeus Young chipped in 20 points for Philly, which couldn't overcome 17 turnovers.

Heat 108 Hawks 93

Dwyane Wade finished with 33 points, seven assists and five rebounds, as the Miami Heat evened their Eastern Conference quarterfinal series with a 108-93 Game 2 win over the Atlanta Hawks.

For a recap of last night's Hornets/Nuggets game, visit metronews.ca.

METRO NEWS SERVICES

Versteeg, Mason, Ryan up for Calder

NHL Anaheim Ducks forward Bobby Ryan, Columbus Blue Jackets goaltender Steve Mason and Chicago Blackhawks forward Kris Versteeg are the finalists for the Calder Trophy as the NHL's rookie of the year, the league announced yesterday.

The trophy will handed out June 18 at the NHL Awards in Las Vegas.

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Calgary 6 Chicago 4

NBA

PLAYOFFS
YESTERDAY'S RESULTS

Orlando 96 Philadelphia 87
Miami 108 Atlanta 93
New Orleans at Denver

MLB

YESTERDAY'S RESULTS

Toronto 8 Texas 7 (11 ings)
Boston 10-7 Minnesota 1-3 (1st gm, 7 ings, rain)
Chicago White Sox 8 Baltimore 2
Kansas City 2 Cleveland 0
N.Y. Yankees 9 Oakland 7 (14 ings)
Arizona 2 Colorado 0
Atlanta 1 Washington 0
Cincinnati 3 Chicago Cubs 0
Houston 6 L.A. Dodgers 5
Milwaukee 3 Philadelphia 1
Pittsburgh 7 Florida 4
San Francisco 1 San Diego 0 (10 ings)
St. Louis 5 N.Y. Mets 2

SPECIAL FOCUS ON:
First-time homebuyers

Metro Homes

From TV to print

Colin McAllister and Justin Ryan, of Colin & Justin's Home Heist, will be on the covers of two May releases from Harlequin Books. Colin is seen here on the cover of The Border Lord, by Sophia James. Available May 7.
METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Do your homework

BRIAN COULTON
for Metro Canada

Owning property may cause renters to rejoice at the thought of actually having something to show for the money they're spending. But realtor Aphrodite Karamitsanis warns not to let that initial thrill become overkill.

"First-time buyers are very enthusiastic and sometimes very unrealistic about what they can afford and what they'd like to own," said Karamitsanis, the Calgary-based agent for Royal LePage Canada.

Completing one's financial homework — particularly determining down payment and monthly payments — is the most critical thing for first-time buyers to do before they begin even looking at properties, so they understand what they can afford, she said. Then, the first consideration should be "location, location, location."

"It's still the operative phrase in real estate," said Karamitsanis, "where they're going to live, and what they're looking for in terms of their home — how many bedrooms, how many bathrooms and how finished the home is."

"Sweat equity" is something she said first-time buyers should especially consider when purchasing a home. That's how much work one is willing to spend renovating areas of the home to build financial equity. Kitchens and bathrooms are the most expensive rooms to renovate, she said, so she recommends new buyers work from the bottom up. "If they buy a home with an unfinished basement, one of the best ways to build equity is to finish the basement."

First-time buyers tend to be enthusiastic about getting on the property ladder, Calgary-based realtor Aphrodite Karamitsanis says.

Manual labour must be a labour of love when deciding to buy a home — the chief difference between owning a house and a condominium, said Toronto realtor Robert Doyle of Bosley Real Estate.

"With a condominium, you really only own what's behind your door and maybe a parking spot. The whole benefit of ownership is being able to plant your garden and grow your grass and shovel your driveway in the winter ... the true Canadian activity of home ownership," he said with a chuckle.

The grass isn't the only thing necessarily greener with home ownership. Homes and condos alike are increasingly embracing ecologically friendly technologies, a movement Doyle said he's markedly for.

"There's definitely an advantage to buying green. We have the technology now that we can make things more efficient, safer and better for the environment, not only for ourselves, but for generations afterwards."

That's not to mention the advantage Doyle said going green has on your wallet; a sure aid to one of the greatest financial investments one can make.

"If you own a home, having a home energy audit done — an eco home audit — is definitely an eye-opening experience in terms of cost savings."

Great deals can be found in Surrey, Maple Ridge

HouseLeague

Buying a home for the first time can be a daunting task. Setting aside the need for pre-approvals and hiring a realtor, finding the right neighbourhood in a city as diverse as Vancouver can make your head spin. Here are some tips on hot spots to focus on when buying in Vancouver and the price point you should expect in each.

Like most first-time homebuyers, finding a great deal for your first step on the property ladder is going to be paramount. For you, looking in the suburbs will yield the greatest amount of space for the smallest dollar. Cities such as Surrey and Maple Ridge are becoming popular amongst first-time homebuyers looking to score a deal. Here you can find one bedrooms for under the $200,000 price point.

For those first-time homebuyers with a bit more disposable income, trendy hotspots such as Port Moody and the Brentwood Mall area of Vancouver are the perfect fit. With all the amenities of the city at your doorstep, these neighbourhoods are great for budding families and those who want a downtown feel, without all the hustle and bustle of the city core. You can find new one bedrooms in the mid-$200,000 range and up.

For the young-at-heart who demand a downtown existence without all the downtown costs, such neighbourhoods as Citygate, Soma and Commercial Drive on the east side of Vancouver are what you seek. With all the trendy cafés, galleries and shops, and a short walk or transit ride to the downtown core, you are sure to find all the excitement you desire, at a price that is more reasonable than living downtown. Here you can find great deals on one-bedroom homes from the mid- to upper-$200,000 range.

Finally, for those first-time homebuyers who do not have a budget, or those who just demand the downtown lifestyle, the city centre is where you want to be. Starting in the upper $200,000 range for a one bedroom, here you will be close to all the nightlife and excitement that Vancouver has to offer. Spreading out to the waterfront neighbourhoods of downtown, you can expect prices to soar, but the addition of stunning views help compensate for the price.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada, and host of The Real Estate Minute on Novus TV; rdeluca@sothebysrealty.ca.

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metronews.ca/urbandweller

I'm a member of the Indignant Consumer set. You know us by our grim stance as we hand over our credit cards. We exude suspicion and fatalism as we purchase a new fridge. We suck any sense of novelty as we're shown all the smart features on our brand new iPhones.

It's not our fault; we were brought up at a time when we expected our dishwasher/car/washer-dryer to last 20 years, back when a B.C. Tel employee would come to our home to exchange our free-use family phone if it failed working after a decade. Yes, it's a sense of entitlement, but is it too much to expect to be entitled to, say, a new vacuum cleaner that doesn't explode?

That's what I was mumbling at the TV as I watched the news about that local mother who was attacked by her stick vacuum cleaner last month. Her rechargeable made-in-China battery had exploded, burning her flesh, firing shrapnel into the drywall and launching the stick part of the vacuum clear down the stairs.

I immediately marched my own stick vacuum to the computer like a naughty child to the corner. My model number was not listed at the U.S. Consumer Product Safety Commission website, but looked identical to a heap of the 320,000 potential bombs. I called the 1-800 number, gave all the particulars and was informed that my model was not part of the recall. I hung up, momentarily relieved, but as the skepticism indicative of my kind kicked in, I called back. "Unfortunately your product is part of the voluntary recall," the new voice read from his script. I am triumphant in my defeat.

My home, like most homes, bears evidence of an increasingly shoddy global manufacturing industry. The 30-year-old rubberband-beige American Standard toilets are stalwart and dependable water hogs. The 15-year-old stacked washer-dryer and dishwasher remain reliable. The two-year-old microwave oven-fan hood combo has been repaired once under warranty after a smoky short-out, but continues to rattle threateningly when in use. The iMac was exempt from the global recall for catching fire but gets frighteningly warm. The six-month-old MacBook Pro has already been replaced once and crashes regularly. The new iPhone has been serviced twice for voicemail malfunction. As for the new Electrolux Ergorapido 2 In 1, I'm suddenly pining for my old 1950s canister model Electrolux about the shape and heft of, well, a real bomb.

Carlyn Yandle is a Vancouver journalist with her own room-planning business, Home Reworks; carlyn@homereworks.com.

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The 1950s vacuums were dead-heavy brutes built to last.

Rental suite a great investment

RAFAEL BRUSILOW
for Metro Canada

Is your mortgage weighing you down and draining your monthly coffers? Maybe it's time to put that empty basement to work for you by turning it into a legal rental suite.

Scott McGillivray, host of the hit show Income Property on HGTV, says many homeowners, particularly first-timers, don't quite realize how much income potential lurks within their own home.

"A lot of first-time buyers don't even consider having an income suite in their home and everyone should consider it. It's a great investment for the future," McGillivray said.

With the right circumstances and proper renovations, a home valued at just $350,000 could pay off as much as an extra $1,000 every month with a good apartment unit, he says.

When looking for a home with income potential, don't go overboard, McGillivray says — choose practicality over fantasy.

"Be modest with what you can afford and be reasonable with what you really need. Don't be greedy," McGillivray said.

One of the biggest mistakes McGillivray sees homeowners make is trying to rent out a dingy basement apartment without renovating it. Invest some money, he says, and make your basement apartment somewhere you would love to live — it'll lead to better tenants and higher rents in the long run.

"If you're going to rent out a space, make sure that it's up to you own standards. Don't expect people will settle for less than you would settle for. Rather than charging less, fix the place up so you can charge more. You'll get better tenants that way," McGillivray said.

If you're thinking of buying a home with some extra income potential, McGillivray suggests looking for a few things:

- A separate entrance. It allows for privacy and convenience.
- Good ceiling height. If it's too low for you to live in, it's too low to rent.
- Decent window sizes. Light is important and makes an apartment much more livable.
- Extra parking. A spot can be worth up to $100 per month.

If the seller says the property is already tenanted, check to make sure and ask to see an up-to-date zoning permit for the apartment.

"Know what you're getting yourself into and don't make assumptions. Be smart and look into things," McGillivray said.

Be aware that many suburban areas don't allow rental apartments in private homes, so check to make sure having an apartment is legal before counting rental income in your home-buying calculations.

"It's all about taking action. If you can get your house to work for you, do it!" McGillivray said.

RAFAEL BRUSILOW/FOR METRO CANADA

A home valued at $350,000 could pay off as much as an extra $1,000 a month, says Income Property host Scott McGillivray.

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No reason to fear the 'M' word, experts say

BRIAN COULTON
for Metro Canada

For most new home buyers that don't have the capital to fully pay for their property, the pleasure of purchase can be oft overshadowed by the dreaded 'M' word.

"A lot of people have the idea that a mortgage is actually the biggest debt of their life," said Bruna Anacleto, Toronto mortgage specialist for Royal Bank of Canada. "It's really not. It's an investment."

It's also the only property loan homebuyers can acquire, outside of one from family and friends. And the first step Anacleto recommends toward acquiring a mortgage is obtaining a pre-approval, which she said both qualifies you for the loan and gives you a sense of how much you're financially qualified to purchase.

"People tend to dream a little and think their financial situation is one way, but it might actually be another," she said. So before setting your heart on that $500,000 dream home, a pre-approval will assess if you can really afford it. "You may think, with your salary, you can, but you're not taking into consideration your debt load."

And what qualifies as debt isn't always so apparent. Anacleto said most people don't know that a line of credit, for example, counts as debt, in full. "You may have a zero balance on that line of credit, but we assume that you've withdrawn the whole thing," she said. "The reason for that is because that's credit you can obtain at any point in time, so we want to ensure you can pay that back if that happens."

Paying back a mortgage over tens of years may seem like a daunting task. But there are strategic ways to do it. Barry Rathburn is a mobile mortgage specialist for TD Canada Trust on Vancouver Island. He recommends accelerating your payment by paying an amount higher than the minimum required, that you feel comfortable with, to make repaying more flexible down the road.

"One of your benefits is that you can up to double your payments," said Rathburn. He offers the example of a minimum mortgage payment of $295. A "comfortable" payment for a couple might be $450. But what if that couple decides to have a child? "Now, $450 is not a comfortable payment. Maybe it's a stretch," he said. "Having the privilege to increase and decrease your payment at will is a great financial planning tool to manage your cash flow."

"[Getting a mortgage] is an investment."
Bruna Anacleto, Royal Bank of Canada

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Food

All peppers start out as green and tart. As they ripen they turn first yellow, orange, or red depending on the cultivar grown.

BARB HOLLAND/FOR METRO CANADA

Sweet
The darker they become, the sweeter and more mellow the taste.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

The gems under the glass

À la carte

After a seemingly endless winter, we look forward to warm weather and the first vegetables of the season: asparagus, early greens and rhubarb. But between those first crops (usually May) and the lingering winter storage vegetables (carrots, cabbage and squash), greenhouse vegetables are a welcoming fresh taste — and locally grown.

As our short summers limit the quanity of field vegetables grown, Canada has been at the forefront of greenhouse production for decades.

Greenhouse vegetable production occurs in every province, with Ontario, British Columbia and Quebec as the largest producers.

According to the B.C. Greenhouse Growers' Association, more than five varieties of tomatoes, sweet bell peppers, hot peppers, mini peppers, long English cucumbers, mini cucumbers and butter lettuce are grown under glass. Vine-ripened and hand-picked, greenhouse vegetables are premium quality and virtually pesticide-free, thanks to the use of natural predators to control pests.

As always, read labels when grocery shopping to buy locally grown greenhouse vegetables.

As always, read labels when grocery shopping to buy locally grown greenhouse vegetables.

Lightly Roasted Tri-Pepper Salad

From Foodland Ontario, this colourful salad made with greenhouse peppers is best served slightly warm or at room temperature. Serve with grilled chicken or pork.

Serves 6.

INGREDIENTS:

- 2 each red, yellow and orange greenhouse peppers
- 3 tbsp (45 ml) extra virgin olive oil
- 1 tbsp (15 ml) balsamic or red wine vinegar
- 1 clove garlic, minced
- Salt and pepper
- 1/3 cup (75 ml) crumbled goat cheese
- 1/4 cup (50 ml) torn fresh basil leaves

METHOD:

Cut each pepper into quarters, discarding seeds and stems.

Place on a barbecue grill over medium heat. Grill until softened and just lightly charred, 15 to 20 minutes, turning as needed.

Whisk together oil, vinegar, garlic, salt and pepper to taste. Slice peppers into strips and toss with dressing in a large bowl.

Place on serving plate, sprinkle with goat cheese and basil.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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Wine, Food and Massage?
On May 8, from 4 to 8 p.m., head to the BCLDB Signature Liquor Store (5555 Cambie St.) for a special tasting of 10 South African wines, food from beyond restaurant & lounge, and complimentary spa treatments from Absolute Spa. METRO NEWS SERVICES

Urban Foodie

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Nuba's third incarnation fizzles

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Signature Drink:
Organic Sangria
Signature Dish:
La Feast
Rating: ●●½
Dinner & drinks for 2: $50

Lebanese cuisine is renowned for its simple, bold flavours. Lots of lamb, chicken, eggplant, aromatic spices and, of course, lentils, are all staples.

Unfortunately, the food at Nuba, while heavy on organic, local produce and halal meats, seems to go light on the flavour department.

We ordered the special, an enormous platter of chicken, prawn and lamb skewers ($30), along with the vegetarian sampler platter ($26). For four people, this was definitely enough food. The problem was that some items, like the baba ganoush, were so smoky as to suggest accidental burning, while a mushroom and sweet pepper ragout was so bland and watery as to defy any flavour whatsoever. The meat platter was a bit better. While the lamb and chicken were perfectly cooked and tender, the prawns were overdone and none of the proteins had the slightest hint of added flavour, despite the claims of "aromatic spices."

There's a large selection of vegan and vegetarian choices, which will always make this place a draw, especially with those discovera prices.

The drinks are also pretty good, although my organic sangria ($7) was a little heavy on the cinnamon. It's cheap, but I just wasn't so cheerful.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

ANYA LEVYKH/FOR METRO VANCOUVER

La Feast: vegetarian mezze platter.

The Organic Choice

Organic wine is experiencing not so much of a Renaissance as a revolution. Organic One Wines, located in Billabong Creek, Australia, was started back in the '60s, with a commitment to sustainable and bio-dynamic growing practices. Their 2007 Shiraz is a delicate, yet full-bodied quaff, with a nose of roses and violets perfectly balanced over a palate of stone fruit and berries. It comes a little tight out of the bottle, so let it breathe for a good 30 minutes before sipping. SRP $23 at private wine stores.

Dining out

BOTTLES ON SALE
Brix Restaurant & Wine Bar (1138 Homer St.) is now offering 40 per cent off all bottles of wine under $100 every Monday night. Regular menu is available until 10 p.m., and the late night menu is available from 10 p.m. to 2 a.m. Call 604-915-9463 or visit brixvancouver.com for more information.

SPRING TASTING MENUS
South Granville's West Restaurant (2881 Granville St.) is celebrating spring with three chef's tasting menus (all cost less than $100), as well as a $55 three-course menu that also includes an amuse bouche and petiti fours. Call 604-738-8938 or visit westrestaurant.com for more information.

In brief

CIOPPINO'S Restaurant has once again won for Best Restaurant at the Vancouver Magazine Restaurant Awards. La Quercia won for Best New Restaurant, Cobre won for Best in Americas and Bishop's won for Best Regional. Bravo to all winners! For the full list, visit vanmag.com/Restaurants/Restaurant_Awards_2009

ANYA LEVYKH
/FOR METRO VANCOUVER

ADVERTISING FEATURE

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Style

Scent of an actress

This spring Oscar-winning actress Halle Berry introduces her first signature fragrance, Halle by Halle Berry. Partnering with Coty Inc., the former Catwoman has created a sensuous fragrance that incorporates ingredients like mimosa, fig, hibiscus flower, sandalwood, musk and amber. Halle by Halle Berry is available at major drug and mass retailers nationwide for $35/30ml and $49/50ml. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

H&M welcomes Williamson

British designer brings his trademark boho, colourful clothing to the retail market

Will there be mayhem at H&M? Today, the mega retailer will unleash its Matthew Williamson collection worldwide – its latest designer collaboration, already expected to draw crowds of enthusiastic fashion consumers.

Williamson is the latest designer to create a capsule collection exclusively for the Swedish chain, following such past successes created by Karl Lagerfeld, Viktor & Rolf, Roberto Cavalli and most recently Comme des Garçons, all of which caused a frenzy with overnight campouts at H&M stores and racks that were picked bare minutes after the stores opened.

In Vancouver, the Williamson merchandise will be offered only at the 609 Granville St. location (Unit 100-201A).

But with the economy steeped in a recession, will the H&M magic continue? Will the fashion crowd turn out prepared to power-shop for designs they'll barely have a chance to see let alone try on? And who is Matthew Williamson anyway?

William is a British designer known for jet-setting clothes in vibrant colours and exotic prints.

He spent several seasons as creative director at Emilio Pucci, a label synonymous with the kaleidoscopic colours and patterns and images of starlets on luxurious vacations. And for H&M his trademark boho deluxe verve continues.

But do enough fashion shoppers in Vancouver recognize the cool quotient of the brand?

H&M marketers are banking on it.

"I wanted to create a strong urban collection fused with the brand's signature symbols and shapes. It's been fascinating to search back through my archives to isolate the most iconic pieces, then rework them for H&M," Williamson told British Vogue recently.

His iconic peacock feather motifs? His graphic butterfly prints? You can find it all there in this cheap and chic collection. Even the bold colour blocking looks from his recent collection is present and accounted for in a swank-looking cobalt blue and hot pink tuxedo.

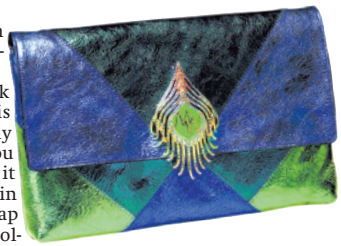
"I wanted to create a strong urban collection fused with the brand's signature symbols and shapes. It's been fascinating to search back through my archives to isolate the most iconic pieces, then rework them for H&M." Designer Matthew Williamson

So this week we'll know if H&M still has the magic touch.

But should you sleep in and miss it all, take heart: the company will be rolling out a second part to this collection on May 14 that will include not only beachwear but also a menswear line — which will be a first from this designer.

That, of course, will just make it that much more coveted.

TORSTAR NEWS SERVICE



Multi-coloured metallic clutch, $69.90.

Leather grommeted vest, $149.

Multi-coloured sequinned dress, $99.90.

Teal peacock cardigan, $99.90.

Pink dress, $149, studded belt, $59.90.

Second collection

- Matthew Williamson's second H&M collection (due out May 14) will be available in 29 stores across Canada, the first time that an H&M designer collection will be on sale in most of its stores.

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In brief

JEWELRY Bring on the bling. New studies show more and more single women are saying "I do" have the money to spoil myself with a new diamond ring. In fact, one study shows 65 per cent of jewellery bought by single women are rings, or "right hand rings" as they're being called. NEWS CANADA

FlareFashion

Lisa Tant

Read the blog at metronews.ca/flarefashion

Rice meets with Idol judge
Former secretary of state Condoleezza Rice thinks Randy Jackson is top dawg. When the classically trained pianist, 54, was in L.A. for her March 24 appearance on The Tonight Show With Jay Leno, she arranged to meet the American Idol judge, 52, for a private sit-down. PEOPLE.COM

Entertainment

Not for sale
No evidence suggests Rafiq Qureshi tried to sell his young daughter, Slumdog Millionaire actress Rubina Ali, say police in India after an investigation. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Rocker Ida Maria kicks butt

Ida Maria

Album: Fortress Round My Heart **Label:** Mercury/Universal
Rating:

IT WAS STARTING to get too easy to be a pop singer. All you had to do to make the grade, it seemed, was take on a retro sound and a name like Duffy or Adele. So it was about time that somebody like Ida Maria, 24-year-old rocker from Norway, came along to kick some deserved butt. Her forthright approach — so wonderfully demonstrated on her first single I Like You So Much Better When You're Naked — has already hit the charts in England. There's a charm to her off-key punk squawk that cuts through the crap on songs like Oh My God and Stella. She's the woman everyone wants to go out and get hammered with. Yet she also shows fragility on Keep Me Warm and desperation on Forgive Me. There's an attraction here that's unexplainable. Call it attitude, call it allure. Just give us more Ida Maria.

Graham Rockingham/for Metro Canada

Asher Roth

Album: Asleep in the Bread Aisle **Label:** SRC/Universal
Rating:

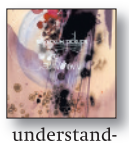
FRAT BOY RAP? This CD would have been much easier to review if it was by Weird Al Yankovic. But the satire contained in I Love College — Roth's hilarious anthem to white male hedonism — hits too close to the truth. Just ask Michael Phelps. For some, undergraduate life indeed seems to be all about smoking dope, drinking near-lethal quantities of booze, vomiting, passing out and bragging about all the naked women they almost met. Comparisons to Eminem are ludicrous, but come nonetheless. Roth, an unabashed suburbanite from a good middle-class home near Philadelphia, handles them deftly on As I Em. Although it's hard not to laugh out loud with songs like Blunt Cruisin' and Bad Day, this is not a novelty disc. The music on tracks like She Don't Wanna Man, His Dream and Lion's Roar is just too good.

Graham Rockingham/for Metro Canada

Ida Maria is forthright on her latest album Fortress Round My Heart, which is now out.

Silversun Pickups

Album: Swoon
Label: Dangerbird/Universal
Rating:



THE SILVERSUN PICKUPS may have been trying a little too hard here. And that's understandable. The critical acclaim garnered by this L.A. foursome's debut CD, Carnavas, must have caught them by surprise. It must be tough waking up, after all, to discover that you're a creative genius. So Swoon lacks the spontaneity and raw edge of Carnavas. That's not to say that the use of a 10-piece orchestra was a bad idea. It actually works on tracks like The Royal We. At times, however, Brian Aubert's vocals are a little too smooth, a little too close to an emo whine. This is a transitional record, but there's still plenty of brilliance. Aubert offers up new worlds of fuzz guitar. We now need them fully explored.

Graham Rockingham/for Metro Canada

Bat For Lashes

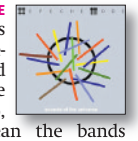
Album: Two Suns
Label: Echo/Parlophone/EMI
Rating:

KATE BUSH USED to concoct ethereal art rock like this; same for Tori Amos, Sarah McLachlan and Björk to some extent. So what sets Natasha Khan's m.o. apart from these aforementioned greats? As this sophomore disc attests, the British songstress proffers a more ear-pleasing soprano, along with an imaginative dual lyrical character — a sometime spiritual mystic, a sometime sex-driven femme fatale — worth following. With a backdrop of reverberating keyboards, jungle-like percussion and mystical chamber-pop arrangements, Khan's eccentric lair sounds intriguing to visit.

Ian Nathanson/for Metro Canada

Depeche Mode

Album: Sounds of the Universe
Label: Capital/EMI
Rating:



JUST BECAUSE THE '80s new-wave revival died out a couple years ago, doesn't mean the bands who actually came from that era have disappeared. Sounds of the Universe is Depeche Mode's 12th album and it's another synth-heavy blast of brooding electro sounds. Like the band's past work, this is a highly emotive effort with plenty of fuzzy distortion and passionate croons from singer Dave Gahan. Some might be surprised that nearly 30 years on these guys can still create a pretty great listen, but they've done it and show no signs of slowing down.

Bryan Borzykowski/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

Jackman lands Walk of Fame star

HONOUR Hugh Jackman, star of the X-Men Origins: Wolverine, immortalized his name in Hollywood history on Tuesday by sinking his hand and foot prints into cement outside the famous Grauman's Chinese Theatre.

"It's a very humbling moment as an actor to be here. You look down at the names, from Fred Astaire to Cary Grant, Clint Eastwood, Al Pacino, Steve McQueen, John Wayne, and to think that those people have been immortalized," Jackman said. REUTERS

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Baby boy for Scott

R&B singer and actress Jill Scott and her fiancé, drummer Lil John Roberts, have welcomed their first child, a boy, her manager confirms to People. Jett Hamilton Roberts was born at 4:20 p.m. on April 20. He weighed in at 7 lbs., 8 oz. PEOPLE.COM

Howard defends film

Director Ron Howard yesterday defended his film adaptation of The Da Vinci Code author Dan Brown's Angels & Demons from criticism that it smears the Roman Catholic Church, heightening an ongoing battle over fictional depictions of the Vatican.

Howard, who also directed the 2006 movie adaptation of The Da Vinci Code, posted a blog at The Huffington Post website saying that neither he nor his new movie Angels & Demons, which debuts in May and stars Tom Hanks, are anti-Catholic.

"And let me be a little controversial: I believe Catholics, including most in the hierarchy of the (church), will enjoy the movie for what it is: an exciting mystery, set in the awe-inspiring beauty of Rome," Howard wrote.

VITTORIO ZUNINO/GETTY

From left, actors Tom Hanks and Aleyet Zurer and director Ron Howard attend the Angels & Demons photocall held on Feb. 12 in Geneva, Switzerland.

Free* premium roast coffee.
Breakfast hours from †5:00 - 10:30am, April 20 to May 3.
PREMIUM ROAST COFFEE
*Small coffee only. Limit one per customer, per visit. Not available with any Extra Value Meal or value picks® offer.
†Opening hours vary by restaurant. Until 11am on weekends. ©2009 McDonald's.

Howard's post came in response to an opinion piece in the New York Daily News by Bill Donahue, president of the Catholic League for Religious and Civil Rights, last week. Donahue accused Brown and Howard of "smearing the Catholic Church with fabulously bogus tales."

Last year, the Catholic Church refused to let Angels & Demons be filmed in churches in Rome because of the Vatican's outrage over The Da Vinci Code.

Howard's latest drama, Frost/Nixon, was nominated for best picture at the Academy Awards this year, but lost to Slumdog Millionaire. His other films include A Beautiful Mind, which won the best picture Oscar and best directing Oscar for 2001, as well as 1995's Apollo 13.

Brown this week announced that his follow-up novel to The Da Vinci Code will be released in September and is titled The Lost Symbol. REUTERS

No jungle series for Blagojevich

REALITY TV A U.S. federal judge has shot down former Illinois Gov. Rod Blagojevich's plans for reality-show stardom.

Judge James Zagel said Blagojevich cannot go to Costa Rica to shoot NBC's summer series I'm a Celebrity ... Get Me Out of Here. The former governor had requested the judge loosen his travel restrictions to appear on the show.

"I do not have confidence that things will not go astray if I modify bond conditions," Zagel told a Chicago courtroom, according to reports.

Blagojevich said he has turned to the show to help raise money for his legal defence, with estimates putting the potential paycheck at about $100,000 US.

"I do not have confidence that things will not go astray if I modify bond conditions."
Judge James Zagel

Rod Blagojevich

NBC reacted to the judge's decision with this statement: "NBC is disappointed in the court's decision today regarding Rod Blagojevich's participation on 'I'm a Celebrity ... Get Me Out of Here!' but excited about the casting announcement for the show this Friday. There are no plans to move the show to a location in the United States."

After being impeached by the Illinois House of Representatives for corruption and misconduct in office and subsequently convicted and removed from office by the State Senate, Blagojevich was indicted April 1 on federal corruption charges.

The Democrat has pleaded not guilty to 16 criminal counts as part of an alleged effort to sell President Barack Obama's former Senate seat. REUTERS

primetime 4/23/09

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	251	308	3 CBC	News (N)	NHL Hockey: Western Conference Quarterfinal Game 4 -- Sharks at Ducks					CBC News: The National (N)		The Hour
	255	358	6 JOY	E! News (N)	The Insider	Name Is Earl	10 Items-Less	My Fabulous Gay Wedding		Party Monsters: Cabo (N)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N) (CC)		Southland "See the Woman"		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Smallville "Stiletto" (N) (CC)		Supernatural (N) (CC)		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Tocantins (N) (CC)		The Office (N)	Kink in Hair	(:01) Harper's Island (N) (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Old Christine	Samantha	America's Next Top Model		(:02) Private Practice (N)		News (N)
	253	359	13 CITY	Law & Order: SVU		In Motherhood	Parks-Recreat	30 Rock	30 Rock (N)	Hell's Kitchen (N) (CC)		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Stiletto" (N) (CC)		Supernatural (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Tocantins (N) (CC)		CSI: Crime Scene Invstgtn.		(:01) Harper's Island (N) (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	Parks-Recreat	The Office (N)	(:31) 30 Rock	Southland "See the Woman"		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	In Motherhood	Samantha	Grey's Anatomy (N) (CC)		(:02) Private Practice (N)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	The Scout ★★ (1994) Albert Brooks, Brendan Fraser.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Field Guide	Doc Martin (CC)		Swimming in Auschwitz (2007)		The Priests in Concert at Armagh Cathedral		
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones "The Girl in the Mask"		Hell's Kitchen (N) (CC)		News (N) (CC)		Family Guy
	-	364	45 PBS	MI-5 Arms dealing. (CC)		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Auction
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	65 TLA	Two/Half Men	Two/Half Men	Smallville "Stiletto" (N) (CC)		Supernatural (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman	Janice Dickinson Modeling		Late Late Show		
news	502	390	26 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		Planet Earth Exploring caves.		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
	407	419	22 RSP	Sportsnet Connected (Live)		Hockey	Canucks TV	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
sports	400	400	30 TSN	SportsCentre	NBA Basketball: Western Conference First Round Game 3 -- Lakers at Jazz					SportsCentre (Live) (CC)		SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Departures "Morocco" (CC)		Mantracker "Jordan & Suzie"		Bounty Hunter	Bounty Hunter	Departures
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	Bullrun (N)		Pimp My Ride	Pass Time	Pinks -- All Out		Bullrun		Bullrun (N)
	416	409	144 GLF	Fútbol: Paraguay vs. Perú				Gol TV News	Gol TV News	Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	True Jackson	H2O, Just Add	Malcolm-Mid.	Futurama	In Real Life "E.R." (CC)		Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Hellboy: Sword of Storms (2006, Fantasy) (CC)			Hellboy
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	Big Ideas	Search for the SS Republic		Broadway: Musical		What Remains ★★ (2005) Premiere. (CC)		
	575	583	20 CMT	Hope & Faith	Hope & Faith	Gone Country		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	MuchTopTens (CC)		Video on Trial	Video on Trial	Daddy's Girls	Degrassi: TNG	Technical Diff.	Technical Diff.	Spotlight
	600	564	25 H&G	House	House	Holmes in New Orleans (CC)		Disaster DIY	Big Amazing	Holmes in New Orleans (CC)		House
	615	520	31 A&E	The Beast "No Turning Back"		The Beast "No Turning Back"		The First 48 (CC)		The First 48 (CC)		The Beast
	628	584	32 SPKE	(6:00) TNA Wrestling (N)		MANswers	MANswers	Mocap LLC	GameTrailers	MANswers	MANswers	MXC
	521	560	34 TLC	Stop Shouting at Me! (CC)		American Chopper (CC)		Stop Shouting at Me! (CC)		Overhaulin' (CC)		Rides (CC)
	616	522	35 SHO	The Outer Limits (CC)		Love-Death	Love-Death	Trailer Park	Trailer Park	The Departed ★★★ (2006) (CC)		
	620	523	40 BVO	(6:00) McLuhan's Wake (2002)		Law & Order "Nowhere Man"		Without a Trace (CC)		If These Walls Could Talk ★★ (1996) (CC)		
	601	562	41 SLC	X-Weighted (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		Deadliest Catch (CC)		Global Warming: Challenge		Project Earth
	522	506	44 HIS	NCIS "Lost & Found" (CC)		Ancient Discoveries (CC)		Go Deep "Turkey" In Istanbul.		NCIS "Lost & Found" (CC)		Sea Hunters
	627	528	45 SPC	Chuck (N) (CC)		Stargate SG-1 "Meridian"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	Enough ★★ (2002) (PA) Jennifer Lopez, Billy Campbell. (CC)				Sex and-City	Sex and-City	(:10) Enough ★★ (2002) (PA) Jennifer Lopez.		
	619	525	48 TROP	Vanity	Inside Hollywood (CC)		Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Ace of Cakes	Ace of Cakes	Chef Abroad	David Rocco	Unwrapped	Unwrapped	Chef Jeff Project (CC)		Ace of Cakes
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Extreme Wind	Daily Show
	320	621	60 CEN	Citizen Duane	Tracey Ullman	Linewatch (2008) Cuba Gooding Jr. Premiere.				Speed Racer ★★ (2008) Emile Hirsch, Christina Ricci. (CC)		
	581	566	101 MTV	Taking the Stage (N) (CC)		MTV Live	After	The Hills	After Show	Taking the Stage (CC)		MTV Live
	261	394	102 V	(6:00) Project X ★★ (1987)		Poltergeist: The Legacy		Project X ★★ (1987) Matthew Broderick, Helen Hunt. (CC)				Paid Program
	-	-	106 MUL	Eight Heroes	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Rang Barangi	Desi Rhythms	Patrol World

critics'corner

Southland
Art imitates life to some extent, as Tom Sizemore ("Saving Private Ryan") guest stars as a hard-partying actor who has star-struck Dewey (guest star C. Thomas Howell) wanting to play along instead of booking him, making Chickie (Arija Bareikis) second-guess her decision to be Dewey's partner. Ben (Ben McKenzie) opens up about why he wanted to be a cop in the new episode "See a Woman." 10 PM on CTV

Linewatch
Joke all you want about how Cuba Gooding Jr.'s career has gone downhill since "Jerry Maguire." Yes, he's had some duds, but this 2008 actioner is a pretty respectable effort despite having gone straight to video. Gooding plays a former gangbanger, now a border patrol officer, whose old baddie buddies want him to help them with a drug-smuggling scheme — and they'll hurt his family if he doesn't go along. Then lots of people get dead. 8 PM on CEN

Project Runway set to return

TV Fashion reality show Project Runway will make its long-awaited return to TV on Aug. 20 on its new Lifetime cable channel home, Lifetime Television said on Tuesday.

The sixth season of the popular reality show, hosted by Heidi Klum and Tim Gunn, was delayed for months by an industry dispute over its move from NBC's Bravo cable outlet. REUTERS

Kenya's Style
Kenya Hunt
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WEDNESDAY
PARIS HILTON'S BRITISH BEST FRIEND (6 & 9PM)
TONIGHT
DADDY'S GIRLS (6 & 9PM)
FRIDAY
DOGG AFTER DARK (6PM)
MUCHMOVIE: BATMAN FOREVER (9PM)
MUCHMUSIC.COM/69ER

LC back at it

One month after 23-year-old Lauren Conrad announced that she was taking a hiatus from her upscale clothing line, the Hills star is launching a brand new apparel line for Kohl's department stores, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Stars defend gay unions

OPINION In light of Miss California slamming gay marriage, Britney Spears and Miley Cyrus have stepped forth to declare that they support gay rights.

"Love is love!" Spears, 27, said on her Twitter page Tuesday. "People should be able to do whatever makes them happy!"

Cyrus, 16, also Twittered to openly gay blogger Perez Hilton (who asked Miss California Carrie Prejean what she thought of same-sex marriage during Sunday's Miss USA competition) after Hilton informed Cyrus of the high suicide rates among gay and lesbian youth.

"Jesus loves you AND your partner and wants you to know how much He cares!" Cyrus said. "Like I said, everyone deserves to be happy."

Later, she added, "I am a Christian and I love you — gay or not — BECAUSE you are no different than anyone else! We are all God's children."

METRO NEWS SERVICES

Britney to have day in court?

LEGAL Britney Spears is "crying out for help," femalefirst.co.uk reports.

The Circus singer is desperately trying to escape from her controlling father, her former attorney's lawyer told a Los Angeles court on Tuesday.

Jamie Spears — who took legal control of his troubled daughter's personal and professional affairs last year — is trying to obtain permanent restraining orders against the singer's former manager Sam Lutfi, attorney Jon Eardley and lover Adnan Ghalib.

The 27-year-old singer's legal team refutes the claims, calling the men predators who have patently threatened and continually harassed her. Eardley's lawyer Roger Diamond wants Britney to testify in court because he believes her father is holding her prisoner.

The temporary restraining orders against all three men were extended until April 28, when the judge will hear rebuttal arguments before making a final decision. Britney is currently performing in The Circus Starring Britney Spears, her first concert tour in five years.

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Mike Tyson's tips for Chris Brown

ADVICE Mike Tyson has Chris Brown figured out. The former heavyweight champ, who was accused of beating girlfriend Robin Givens, was asked what he thought of 19-year-old Brown, who's accused of assaulting his girlfriend, Rihanna.

"My personal opinion about that is, he's just a baby," Tyson tells MTV News. "He's just a little baby that don't know how to handle his emotions when it comes to a woman.

"And he probably hears this and thinks, 'I know how to handle my emotions.' We all think we do."

METRO WORLD NEWS

GETTY IMAGES

Never been drunk: Paula

PEOPLE Paula Abdul says she doesn't take prescription drugs — and she's never even been drunk. The American Idol judge hopes to set the record straight in a Nightline interview.

Asked about her loopy on-air behaviour and rumours of taking pills in the past, she says, "Never. I've never been drunk in my life. I don't like it. It's not my thing ...Will not take those drugs. And you can check my medical records — there is nothing like that."

METRO NEWS SERVICES

LiLo's pals worried

PEOPLE More friends are voicing their concern about Lindsay Lohan in the wake of her split from Samantha Ronson, according to Page Six.

A source says the actress is "a complete and utter wreck" and has been partying hard and spending time with "a different man every night."

According to the newspaper, some of those men include 90210 star Kellan Lutz and British photographer Chris Jepson. The friends fear Lohan may be headed for a major meltdown.

METRO WORLD NEWS

Curvy Jessica hits the gym

PEOPLE Jessica Simpson — who battled scrutiny for her new curves earlier this year — is working out again. And she doesn't like it, people.com reports.

"On my way to work out with my trainer," she wrote on her Twitter page Monday. "Every time we have to do squats, and he yells at me, 'Get lower like you're in the club!'"

Simpson, 27, then adds, "I don't squat in the club unless I am peeing!"

A source tells usmagazine.com Simpson is working with her longtime personal trainer Mike Alexander. Alexander told Fox News last month that the singer wasn't miffed at all the coverage surrounding her fuller figure.

"The whole thing wasn't as traumatic for Jessica as everyone made it out to be," he said. "She's a confident and naturally beautiful girl who works hard."

METRO NEWS SERVICES

Hunger strike for Darfur

PROTEST Mia Farrow has announced she'll be starting a hunger strike next week in solidarity with the people of genocide-afflicted Darfur.

The water-only diet starts Monday and is "a personal expression of outrage at a world that is somehow able to stand by and watch innocent men, women and children needlessly die of starvation, thirst and disease," Farrow says, according to media reports.

METRO WORLD NEWS

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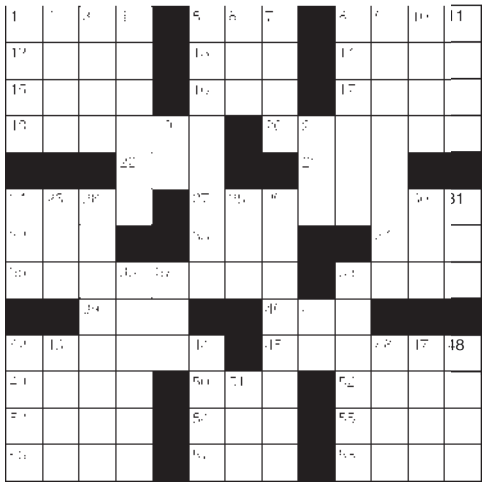
Take Five



Crossword across

1 Mid-May honourees
5 Ref
8 Unadulterated
12 Grand story
13 D.C. type
14 Mimicked
15 Crosby, Stills and —
16 Ferrigno or Costello
17 Secondhand
18 Occurring last month
20 With tenderness
22 Vast expanse
23 Nipper's co.
24 Start of something big?
27 Lisa, to Marge
32 Tear
33 Kreskin's claim
34 Ostrich's kin
35 Puzzle
38 Formerly, formerly
39 Whatever amount
40 Hostel
42 "Family Feud" prelim
45 Torrential rainstorm
49 Destroy
50 Sapporo sash
52 Suitor
53 Sean Penn title role
54 Relatives
55 Reply to "Shall we?"
56 Eyelid woe
57 See 24-Across
58 Otherwise

Crossword down

1 Carte
2 October stone
3 Atomizer output
4 Division
5 Transferred files
6 Cattle call?
7 Advertise
8 Potbelly
9 Buffalo resident, e.g.
10 Fishing rod accessory
11 Whirlpool
19 Yours truly
21 Work unit
24 Sphere
25 Compete
26 In the ascendant
28 Enzyme suffix
29 Riot
30 Type squares
31 Same old same-old
36 Bring about
37 Caustic solution
38 Allow to happen
41 007's doctor foe
42 Totals
43 Condo, e.g.
44 Oxen's joiner
46 Boat's bottom
47 Packs away
48 Stratagem
51 Ginormous

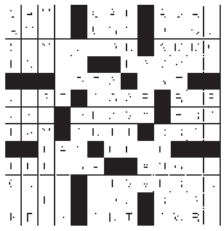
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		7	8	9		6		5
4		5	3					9
	9							
8		9			6			
		2				9		
			7			2		1
							1	
3					4	8		6
2		6		1	7	3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	7	3	4	1	9	5	6	2
4	9	6	2	8	5	1	3	7
1	2	5	3	7	6	8	4	9
7	4	9	5	6	2	3	8	1
5	8	2	1	3	7	4	9	6
3	6	1	8	9	4	7	2	5
9	1	4	7	2	3	6	5	8
6	3	7	9	5	8	2	1	4
2	5	8	6	4	1	9	7	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Fragrant Lamb with Spinach

INGREDIENTS:
2 tbsp (25 ml) canola oil
2 onions, minced
4 garlic cloves, crushed
2-in. (5-cm) piece fresh ginger, peeled and chopped
1 red chili pepper, seeded, deveined, and sliced
2 tsp (10 ml) paprika
2 tsp (10 ml) ground cumin
2 tsp (10 ml) ground coriander
1 tsp (5 ml) ground white pepper
1/2 tsp (2 ml) cinnamon
Seeds from 8 green cardamom pods, crushed
2 bay leaves
1/2 tsp (2 ml) salt
1/2 cup (125 ml) plain yogurt
1/4 cup (50 ml) sour cream
1 lb (500 g) lean boneless lamb, cubed
2 large tomatoes, chopped
1 bag (10 oz/225 g) fresh baby spinach
4 tbsp (60 ml) chopped fresh cilantro
Fresh cilantro sprigs

METHOD:
1. Heat oil in large pot over medium heat. Add onions, garlic and ginger; sauté, stirring frequently, until onions are golden, 10 minutes.
2. Stir in chili pepper, paprika, cumin, coriander, white pepper, cinnamon, cardamom seeds, bay leaves and salt. Stir briefly over medium heat. Stir yogurt and sour cream together, then stir into pot with 2/3 cup (150 ml) water. Add lamb, mix well and cover pan. Simmer until lamb is tender, about 1 1/4 hours.
3. Add tomatoes, spinach and cilantro. Cook, stirring, until tomatoes are soft and spinach wilts, 2 minutes. Taste for seasoning and remove bay leaf. Serve garnished with fresh cilantro.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Deal with health issues one at a time. Jealousy makes you laugh. Count your blessings in an unbelievable situation.

TAURUS
APRIL 21-MAY 21
A lazy person reveals deep-seated greed. Play it safe by speaking out. Limit your involvement with a sneaky old friend.

GEMINI
MAY 22-JUNE 21
Be bold to defeat bashfulness. Trust affection to win over a friend. Say goodbye to a painful past.

CANCER
JUNE 22-JULY 22
Pardon an annoying coward who left a mess. An insulting accusation creates anxiety. An astounding dream leads you to good fortune.

LEO
JULY 23-AUG 23
A problem will be solved if you play it cool. Defences cause your fight-or-flight mechanism to engage. Don't let a bad phone call ruin communication.

VIRGO
AUG 24-SEPT 22
Try to hide some slobby personal habits. Unexpected demands widen your perspective. Change your tactics when mercy is shown.

LIBRA
SEPT 23-OCT 23
A victory will be a vindication. A perplexing situation arises at the last minute. Maintain your silence about trashy treasures.

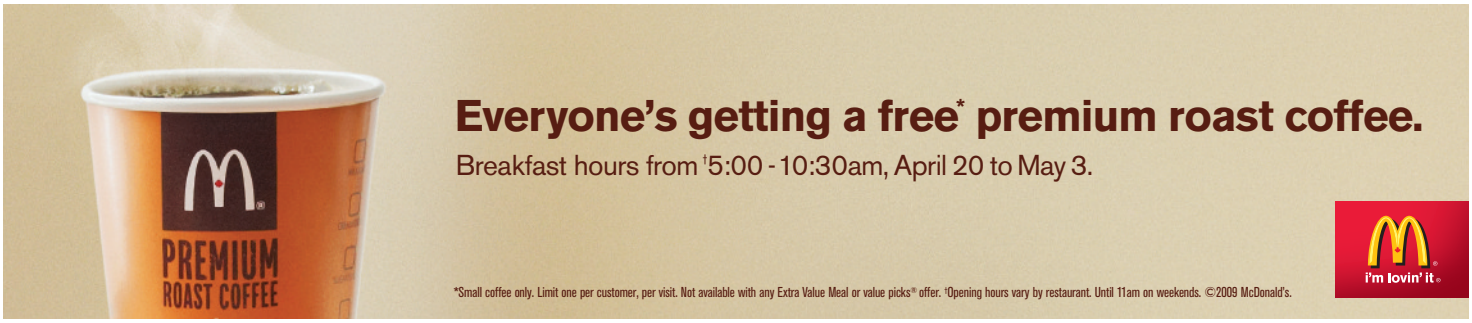
SCORPIO
OCT 24-NOV 22
Reorganizing causes wonderful changes. Help a friend to take it easy. You can nurture hope for a sweetheart.

SAGITTARIUS
NOV 23-DEC 21
A sentimental person exposes a new passion to you. Don't judge someone who lives in despair. Shake off your qualms by learning the facts.

CAPRICORN
DEC 22-JAN 20
Gambling causes a breach in a weak relationship. A shameless person is enthusiastic. There's a pointless argument over a ridiculous rule..

AQUARIUS
JAN 21-FEB 18
You won't want to heed any cries for help. An oddball gets ignored in public. A judgmental woman ridicules signs of growing older.

PISCES
FEB 19-MARCH 20
A youngster wants you to take charge. The odds can be beaten. An entertaining adventurer attracts attention.


PREMIUM
ROAST COFFEE
Everyone's getting a free* premium roast coffee.
Breakfast hours from †5:00 - 10:30am, April 20 to May 3.
*Small coffee only. Limit one per customer, per visit. Not available with any Extra Value Meal or value picks® offer. †Opening hours vary by restaurant. Until 11am on weekends. ©2009 McDonald's.
i'm lovin' it.

IN THIS MAY 12 ELECTION, VOTE FOR

MORE BUSES NOW!

MAYORS SUPPORT MORE BUSES NOW!

The following Metro Vancouver mayors are already supporting the More Buses Now campaign.

Tell your MLA candidates to sign up!

- **VANCOUVER**
  Mayor Gregor Robertson
- **SURREY**
  Mayor Dianne Watts
- **BURNABY**
  Mayor Derek Corrigan
- **RICHMOND**
  Mayor Malcolm Brodie
- **COQUITLAM**
  Mayor Richard Stewart
- **NORTH VAN CITY**
  Mayor Darrell Mussatto
- **DELTA**
  Mayor Lois Jackson
- **PORT MOODY**
  Mayor Joe Trasolini
- **LANGLEY CITY**
  Mayor Peter Fassbender
- **LANGLEY TOWNSHIP**
  Mayor Rick Green

www.MoreBusesNow.com

Are you TIRED of riding overcrowded buses? ▷ Are you ANGRY watching full buses pass you up time after time?

Our Metro Vancouver bus system is in crisis — and the provincial government is responsible for TransLink and public transit!

On May 12, the Canadian Auto Workers Local 111 — representing over 3,200 Metro Vancouver transit operators — wants our inadequate bus system to be a provincial election issue.

That's why bus drivers started the **More Buses Now** campaign.

What's wrong with our bus system?

We have only 1100 buses in Metro Vancouver – **just one bus for every 1800 residents.**

But 15 years ago we had one bus for every 1200 residents, like Toronto and Montreal have today.

So we have **50% more** residents per bus than we used to. **No wonder** you can't get on.

Percentage of bus routes with 10 minutes service or better

Toronto	59%
Montreal	58%
Vancouver	**26%**

Metro Vancouver's Livable Region Strategic Plan called for 1900 buses in service by 2006. And Translink's 5-Year Strategic Plan projected 1600 buses in service by 2006.

The problem is that we are between **500 and 800 buses short.**

BC Liberal Premier Gordon Campbell's Transit Plan says his party will double the number of buses – but not until **2020 – that's far too long!**

Ask your candidates what **their** position is – and tell them you are voting for **More Buses Now!**

And please send BC Transportation Minister Kevin Falcon and the provincial government a clear message with the coupon below. Or go to **www.MoreBusesNow.com** and send an email.

CAW TCA CANADA LOCAL 111

Dear Transportation Minister Falcon: This election I am voting for **More Buses Now!** I/we urge you to act immediately to provide TransLink with at least 500 new buses by 2012 to help deal with overcrowding and lack of service.

Authorized by CAW-Canada, registered sponsor under the Election Act, 604-522-7911

Name .....

Address ..... Postal Code .....

City ..... Email .....

Mail To:

BC Transportation Minister Kevin Falcon
c/o CAW Local 111, 326 – 12th Street
New Westminster, BC V3M 4H6

NOTE: CAW 111 WILL FORWARD ALL COUPONS TO THE TRANSPORTATION MINISTER.

WWW.WORKINGDESIGN.NET